

# APRIL 2025 SIGONELLA BREAKFAST

2024-2025 Meal Prices		2024-2025 A la Carte Prices	
Breakfast	\$2.00	Adult Breakfast	\$4.00
Reduced (all grades)	\$0.30	Extra Fruit/Veggie	\$1.00
		Extra Milk	\$1.00

TUESDAY 1		WEDNESDAY 2		THURSDAY 3		FRIDAY 4	
							
TUESDAY 8		WEDNESDAY 9		THURSDAY 10		FRIDAY 11	
(1) Chocolate Chip Muffin (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk		(1) Whole Grain Pancakes (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk		(1) Yogurt Parfait w/ Granola (2) Cereal + Toast 100% Fruit Juice (4oz) Variety of Milk		(1) French Toast Sticks (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk	
TUESDAY 15		WEDNESDAY 16		THURSDAY 17		FRIDAY 18	
(1) Chocolate Chip Muffin (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk		(1) Whole Grain Pancakes (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk		(1) Yogurt Parfait w/ Granola (2) Cereal + Toast 100% Fruit Juice (4oz) Variety of Milk		(1) French Toast Sticks (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk	
TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25	
(1) Chocolate Chip Muffin (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk		(1) Whole Grain Pancakes (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk		(1) Yogurt Parfait w/ Granola (2) Cereal + Toast 100% Fruit Juice (4oz) Variety of Milk		(1) French Toast Sticks (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk	
TUESDAY 29		WEDNESDAY 30		<div><p>UPK is served Family Style*</p><p><u>Family Style Mean:</u></p><ul style="list-style-type: none"><li>• Children eat in their classrooms</li><li>• Everyone eats the same food</li><li>• Children serve themselves</li></ul><p><u>Family Style Promotes:</u></p><ul style="list-style-type: none"><li>• Physical, social and emotional development</li><li>• Decision making skills, Sharing</li></ul></div>			
(1) Chocolate Chip Muffin (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk		(1) Whole Grain Pancakes (2) Cereal + Toast Variety of Fruit 100% Fruit Juice (4oz) Variety of Milk					

\*Menu subject to change based on availability\*

<https://www.mynavyexchange.com/studentmealprogram/>

# APRIL 2025

## SIGONELLA UPK LUNCH



**Italian Day**  
Homemade recipes  
developed by our  
Italian chefs!

### 2024-2025 Meal Prices

UPK	\$3.50
UPK Reduced	\$0.40

### TUESDAY 1



### WEDNESDAY 2



### THURSDAY 3



### FRIDAY 4



### MONDAY 7

Pasta w/ Meatballs  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
Choice of White Milk

### TUESDAY 8

Chicken Parmesan  
w/ Breadstick  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of White Milk

### WEDNESDAY 9

Soft Tacos  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Choice of White Milk

### THURSDAY 10

Chicken + Waffles  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Choice of White Milk



### FRIDAY 11

Whole Grain Pizza  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
Choice of White Milk

### MONDAY 14



### TUESDAY 15

Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of White Milk

### WEDNESDAY 16

Bean & Cheese Burrito  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Choice of White Milk

### THURSDAY 17

Breakfast for Lunch  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
Choice of White Milk

### FRIDAY 18

Macaroni + Cheese  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
Choice of White Milk

### MONDAY 21

Beef + Broccoli  
Fried Rice  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
Choice of White Milk

### TUESDAY 22

Chicken Alfredo  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of White Milk

### WEDNESDAY 23

Nachos Supreme  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Choice of White Milk

### THURSDAY 24

Pasta w/ Peas  
**Variety of Fruit**  
Baked Asparagus  
Vegetable Pinzimonio  
Choice of White Milk  
Apricot tart

### FRIDAY 25

Hamburger  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
Choice of White Milk

### MONDAY 28

Pasta w/ Meatballs  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
Choice of White Milk

### TUESDAY 29

Chicken Parmesan  
w/ Breadstick  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of White Milk

### WEDNESDAY 30

Soft Tacos  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce +  
Tomato  
Choice of White Milk

UPK is served Family Style\*

Family Style Mean:

- Children eat in their classrooms
- Everyone eats the same food
- Children serve themselves

Family Style Promotes:

- Physical, social and emotional development
- Decision making skills, Sharing

\*Menu subject to change based on availability\*

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# APRIL 2025

## SIGONELLA ELEMENTARY LUNCH

### MAKE A COMPLETE MEAL:

- Entrees: Choose One**  
**\*Fruit: Choose One OR Two**  
**\*Vegetables: Choose One OR Two**  
**Milk: Choose One**  
**\*Must Choose a Fruit OR Vegetable\***

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

### 2024-2025 Meal Prices

Grades K-5	\$3.50
Grades 6-12	\$3.75
Reduced (all grades)	\$0.40

### 2024-2025 A la Carte Prices

Adult Lunch	\$7.00
Lunch + Add'l Entree	\$2.25
Extra Fruit/Veggie	\$1.00
Extra Milk	\$1.00

### TUESDAY 1



### WEDNESDAY 2



### THURSDAY 3



### FRIDAY 4



### MONDAY 7

- (1) Teriyaki Chicken w/ Rice  
 (2) Pasta w/ Meatballs  
**Variety of Fruit**  
 Seasoned Green Beans  
 Honey Glazed Carrots  
 Variety of Milk

### TUESDAY 8

- (1) Chicken Parmesan w/ Breadstick  
 (2) Ham & Cheese Sandwich  
**Variety of Fruit**  
 Seasoned Roasted Broccoli  
 Seasoned Corn  
 Variety of Milk

### WEDNESDAY 9

- (1) Soft Tacos  
 (2) Cheese Quesadilla  
**Variety of Fruit**  
 Seasoned Black Beans  
 Shredded Lettuce + Tomato  
 Variety of Milk

### THURSDAY 10

- (1) Chicken + Waffles  
 (2) Grilled Cheese  
**Variety of Fruit**  
 Tater Tots  
 Sliced Cucumbers  
 Variety of Milk



### FRIDAY 11

- (1) Whole Grain Pizza  
 (2) Hamburger  
**Variety of Fruit**  
 Romaine Side Salad  
 Crinkle Cut Fries  
 Variety of Milk

### MONDAY 14



### TUESDAY 15

- (1) Hotdog  
 (2) Sloppy Joe  
**Variety of Fruit**  
 Seasoned Roasted Broccoli  
 Seasoned Corn  
 Variety of Milk

### WEDNESDAY 16

- (1) Bean & Cheese Burrito  
 (2) Chicken Fajitas  
**Variety of Fruit**  
 Seasoned Black Beans  
 Shredded Lettuce + Tomato  
 Variety of Milk

### THURSDAY 17

- (1) Ham & Cheese Croissant  
 (2) Breakfast for Lunch  
**Variety of Fruit**  
 Tater Tots  
 Sliced Cucumbers  
 Variety of Milk

### FRIDAY 18

- (1) Macaroni + Cheese  
 (2) Italian Meatball Sub  
**Variety of Fruit**  
 Romaine Side Salad  
 Crinkle Cut Fries  
 Variety of Milk

### MONDAY 21

- (1) Beef + Broccoli  
 (2) Orange Chicken  
 Fried Rice (w/ either entrée)  
**Variety of Fruit**  
 Seasoned Green Beans  
 Honey Glazed Carrots  
 Variety of Milk

### TUESDAY 22

- (1) Chicken Alfredo  
 (2) Turkey Club Sub  
**Variety of Fruit**  
 Seasoned Roasted Broccoli  
 Seasoned Corn  
 Variety of Milk

### WEDNESDAY 23

- (1) Nachos Supreme  
 (2) Taco Salad  
**Variety of Fruit**  
 Seasoned Black Beans  
 Shredded Lettuce + Tomato  
 Variety of Milk

### THURSDAY 24

- (1) Pasta w/ Peas  
 (2) Sorrentina-Style Chicken Cutlet w/ Cheese & Ham  
**Variety of Fruit**  
 Baked Asparagus  
 Vegetable Pinzimonio  
 Variety of Milk  
 Apricot tart

### FRIDAY 25

- (1) Whole Grain Pizza  
 (2) Hamburger  
**Variety of Fruit**  
 Romaine Side Salad  
 Crinkle Cut Fries  
 Variety of Milk

### MONDAY 28

- (1) Teriyaki Chicken w/ Rice  
 (2) Pasta w/ Meatballs  
**Variety of Fruit**  
 Seasoned Green Beans  
 Honey Glazed Carrots  
 Variety of Milk

### TUESDAY 29

- (1) Chicken Parmesan w/ Breadstick  
 (2) Ham & Cheese Sandwich  
**Variety of Fruit**  
 Seasoned Roasted Broccoli  
 Seasoned Corn  
 Variety of Milk

### WEDNESDAY 30

- (1) Soft Tacos  
 (2) Cheese Quesadilla  
**Variety of Fruit**  
 Seasoned Black Beans  
 Shredded Lettuce + Tomato  
 Variety of Milk



**Italian Day**  
 Homemade recipes  
 developed by our  
 Italian chefs!

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# APRIL 2025

## SIGONELLA MHS LUNCH

### MAKE A COMPLETE MEAL:

**Entrees: Choose One**

**\*Fruit: Choose One OR Two**

**\*Vegetables: Choose One OR Two**

**Milk: Choose One**

**\*Must Choose a Fruit OR Vegetable\***

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

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Extra Fruit/Veggie	\$1.00
Extra Milk	\$1.00

### TUESDAY 1



### WEDNESDAY 2



### THURSDAY 3



### FRIDAY 4



### MONDAY 7

(1) Teriyaki Chicken w/ Rice  
(2) Pasta w/ Meatballs  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
**Variety of Milk**

### TUESDAY 8

(1) Chicken Parmesan w/ Breadstick  
(2) Ham & Cheese Sandwich  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
**Variety of Milk**

### WEDNESDAY 9

(1) Soft Tacos  
(2) Cheese Quesadilla  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce + Tomato  
**Variety of Milk**

### THURSDAY 10

(1) Chicken + Waffles  
(2) Grilled Cheese  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
**Variety of Milk**



### FRIDAY 11

(1) Whole Grain Pizza  
(2) Cheeseburger  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
**Variety of Milk**

### MONDAY 14



### TUESDAY 15

(1) Hotdog  
(2) Sloppy Joe  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
**Variety of Milk**

### WEDNESDAY 16

(1) Bean & Cheese Burrito  
(2) Chicken Fajitas  
Spanish Rice (w/ either entrée)  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce + Tomato  
**Variety of Milk**

### THURSDAY 17

(1) Ham & Cheese Croissant  
(2) Breakfast for Lunch  
**Variety of Fruit**  
Tater Tots  
Sliced Cucumbers  
**Variety of Milk**

### FRIDAY 18

(1) Macaroni + Cheese  
(2) Italian Meatball Sub  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
**Variety of Milk**

### MONDAY 21

(1) Beef + Broccoli  
(2) Orange Chicken  
Fried Rice (w/ either entrée)  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
**Variety of Milk**

### TUESDAY 22

(1) Chicken Alfredo w/ Breadstick  
(2) Turkey Club Sub  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
**Variety of Milk**

### WEDNESDAY 23

(1) Nachos Supreme  
(2) Taco Salad  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce + Tomato  
**Variety of Milk**

### THURSDAY 24

(1) Pasta w/ Peas  
(2) Sorrentina-Style Chicken Cutlet w/ Cheese & Ham  
**Variety of Fruit**  
Baked Asparagus  
Vegetable Pinzimonio  
**Variety of Milk**  
Apricot tart

### FRIDAY 25

(1) Whole Grain Pizza  
(2) Cheeseburger  
**Variety of Fruit**  
Romaine Side Salad  
Crinkle Cut Fries  
**Variety of Milk**

### MONDAY 28

(1) Teriyaki Chicken w/ Rice  
(2) Pasta w/ Meatballs  
**Variety of Fruit**  
Seasoned Green Beans  
Honey Glazed Carrots  
**Variety of Milk**

### TUESDAY 29

(1) Chicken Parmesan w/ Breadstick  
(2) Ham & Cheese Sandwich  
**Variety of Fruit**  
Seasoned Roasted Broccoli  
Seasoned Corn  
**Variety of Milk**

### WEDNESDAY 30

(1) Soft Tacos  
(2) Cheese Quesadilla  
**Variety of Fruit**  
Seasoned Black Beans  
Shredded Lettuce + Tomato  
**Variety of Milk**



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